

Earthquake! - *Drop, Cover and Hold!* Then Look UP!



When you feel an earthquake, **DROP** under a desk or a sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants, and other objects that could fall. Watch out for falling plaster or ceiling ties. Stay under **COVER** until the shaking stops. **HOLD** onto the desk or table. If it moves, move with it. If you exit a building **LOOK UP** before you leave the building to make sure you will not be hit by falling debris, bricks or building ornaments. **Running outside a building is a good way to become an earthquake casualty.**

Here are some additional tips for specific locations:

- If you are in a **HIGH RISE BUILDING** and not near a desk or table, move against an interior wall, and protect your head with your arms. Face away from windows. Do not use the elevators. Do not be surprised if alarms or sprinkler systems activate.
- If you are **OUTDOORS**, move to a clear area, away from trees, signs, buildings or downed electrical wires and poles.
- If you are on a **SIDE WALK NEAR BUILDINGS**, get into a building's doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- If you are **DRIVING**, slowly pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- If you are in a **CROWDED STORE OR OTHER PUBLIC PLACE**, do not rush for exits. Move away from display shelves with objects that could fall on you.
- If you are in a **WHEEL CHAIR**, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- If you are in the **KITCHEN**, move away from the refrigerator, stove and overhead cupboards. (Take time now to anchor appliances and install security latches on cupboard doors to reduce hazards.)
- If you are in a **STADIUM OR A THEATRE**, stay in your seat or get under it if possible, and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner.

After an earthquake, be prepared for **AFTERSHOCKS**, and plan where you will take cover when these occur.